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FONDAZIONE
MENARINI



METROPOLITAN
HOSPITAL

HEAL
Academy by **HHG**

50
YEARS OF
FONDAZIONE
MENARINI

INTERNATIONAL SYMPOSIUM An Update on Hypertension, Cardiometabolic Syndrome and Consequences



WWW.FONDAZIONE-MENARINI.COM

April 24th-25th, 2026
SNFCC - Stavros Niarchos Foundation Cultural Center
Leof. Andrea Siggrou 364, Kallithea 176 74, Greece

INTRO SPEECH

Cardiovascular disease continues to be the leading cause of death worldwide. Cardiometabolic syndrome is a cluster of conditions (high blood pressure, type 2 diabetes, obesity , dyslipidemias etc.) that occur together in a single individual, markedly increasing the overall risk of major cardiovascular diseases, other health complications and death.

We are delighted to invite you to participate in the International Symposium entitled “ An update on Cardiometabolic Syndrome and it’s Consequences” which will be held in Athens, Greece, on April 23-26th, 2026.

The meeting will be organized by Fondazione MENARINI, METROPOLITAN Hospital in Greece, and the Mediterranean Association of High Blood Pressure and Cardiometabolic Syndrome.

The scientific program will bring together experts from Mediterranean Area, but also from other European Countries, Africa, Gulf Area, Asia Pacific and Central and Latin America.

The purpose of this meeting is to discuss the state of cardiometabolic risk factors in the countries of the Mediterranean area and the rest of the world.

It will also to discuss the possibility to conduct a research project that can collect by a well-designed standardized survey, the prevalence and extent of therapeutic control of metabolic syndrome and its factors in Mediterranean Countries, providing information never made available in the past.

The program will be led by a world-class faculty, and includes lectures, meet the experts, debates and case studies on the treatment of metabolic and cardiovascular complications of metabolic syndrome.

We invite you to join us in this innovative educational experience aiming at enhancing your daily clinical practice.

We would like to thank Fondazione MENARINI for making this possible.

We look forward to welcoming all of you to Athens, Greece

Athanasios Manolis (GR)

Giuseppe Mancina (IT)

Enrico Agabiti Rosei (IT)

UNDER THE AUSPICES OF



PRESIDENTS OF THE MEETING

Athanasios Manolis

(GR)

Giuseppe Mancia

(IT)

Enrico Agabiti Rosei

(IT)

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Fondazione Menarini

Centro Direzionale Milanofiori

I-20089 Rozzano (Milan, Italy)

Strada 8 – Edificio N

Phone +39 02 55308110 - Fax +39 02 55305739

milan@fondazione-menarini.it

www.fondazione-menarini.com

SCIENTIFIC SECRETARIAT

MARBEN S.R.L.

Via Melzi d'Eril, 20

20154 Milano

Tel. +39023491732

Fax +39023491629

www.marben.it

International symposium An Update on Hypertension, Cardiometabolic Syndrome and Consequences

PROGRAM

FRIDAY, 24th APRIL

FRIDAY, 24th APRIL 2026 - MORNING

09.00 a.m. - 09.15 a.m. Opening - Welcome
Co-presidents:
A. Manolis (GR)
G. Mancia (IT)
E. Agabiti Rosei (IT)
Giuseppe Caracciolo Fondazione Menarini (Florence, IT)

SESSION I - CARDIOMETABOLIC RISK FACTORS

Chairpersons: **V. Katsi** (GR), **E. Agabiti Rosei** (IT),
H. Triantafyllidi (GR)

09.15 a.m. - 09.35 a.m. Awareness treatment and control of hypertension and cardiometabolic risk factors in Mediterranean area
M. Dorobantu (RO)

09.35 a.m. - 09.55 a.m. Uric acid: Pathophysiological implications and therapeutic perspectives
C. Borghi (IT)

09.55 a.m. - 10.15 a.m. Obesity: Present and future of weight loss therapies
E. Hatziagelaki (GR)

10.15 a.m. - 10.35 a.m. Cardiovascular outcomes in diabetics: SGLT2i, GLP-1 or both?
B. Widiantoro (ID)

10.35 a.m. - 10.55 a.m. Early prevention of obesity: The e-Probes project of EU
S. Erdine (TR)

10.55 a.m. - 11.15 a.m. Questions and answers
E. Petsiou (GR), **E. Liberopoulos** (GR)

11.15 a.m. - 11.45 a.m. *Coffee Break*

SESSION II - HYPERTENSION I

Chairpersons: **A. M. Vintila** (RO), **A. Coca** (ES),
D. Vlahakos (GR)

- 11.45 a.m. - 12.05 p.m. Clinic vs Home vs ABPM: how to personalize blood pressure monitoring in 2016
C. Grassos (GR)
- 12.05 p.m. - 12.25 p.m. Hypertension mediated organ damage: what to screen, for whom and how often?
E. Agabiti Rosei (IT)
- 12.25 p.m. - 12.45 p.m. Patient-tailored combination treatment in essential hypertension
G. Grassi (IT)
- 12.45 p.m. - 01.05 a.m. B blockers: to use or not to use as first line treatment?
A. Manolis (GR)
- 01.05 p.m. - 01.15 a.m. Questions and Answers
H. Triantafyllidi (GR), **B. Jelakovic** (HR)
- 01.15 p.m. - 02.30 p.m. *Lunch*

FRIDAY, 24th APRIL 2026 - AFTERNOON

SESSION III - HYPERTENSION II

Chairpersons: **M. Kallistratos** (GR)

02.30 p.m. - 02.50 p.m. Resistant hypertension: advanced and emerging pharmacotherapy vs invasive approaches
C. Thomopoulos (GR)

02.50 p.m. - 03.10 p.m. Hypertension and stroke: timing of interventions and strategies
A. Coca Payeras (ES)

PLENARY SESSION I

Chairperson: **M. Doumas** (GR)

03.10 p.m. - 03.40 p.m. A critical synthesis of major global hypertension guidelines (ESH, ESC, ISH and ACC/AHA)
G. Mancía (IT)

03.40 p.m. - 04.10 p.m. Co-ordinator: **A. Manolis** (GR), **G. Mancía** (GR),
E. Agabiti Rosei (IT)
Do we need unified international hypertension guidelines?
Representatives from Asia Pacific, Gulf Area, Africa, Middle East, Europe, Latin America and the Audience

04.10 a.m. - 04.30 a.m. *Coffee Break*

SESSION IV -DYSLIPIDAEMIA - HYPERTENSION

Chairpersons: **V. Tsirimpis** (GR), **D. Tousoulis** (GR),
E. Petsiou (GR)

- 04.30 p.m. - 04.50 p.m. Routine test or not to test Lp(a), apoB, Non-HDL-C?
G. Kolovou (GR)
- 04.50 p.m. - 05.10 p.m. When statins are not enough: Non statin lipid lowering
therapies
C. Borghi (IT)
- 05.10 p.m. - 05.30 p.m. CEPT inhibitors: An evolving therapeutic landscape
E. Liberopoulos (GR)
- 05.30 p.m. - 05.50 p.m. Exercise and physical activity in hypertension and co-
morbidities
A. Pittaras (GR)
- 05.50 p.m. - 06.10 p.m. Questions and answers
V. Katsi (GR), **M. Abdelhamid** (EG)
- 06.10 p.m. - 06.25 p.m. Survey event: Satisfaction survey with certificate
- 06.25 p.m. - 06.55 p.m. Conclusion of day I
- 06.55 p.m. End of day I

SATURDAY, 25th APRIL 2026 - MORNING

SESSION V - CONSEQUENCES I: CHRONIC CORONARY SYNDROMES

Chairpersons: **C. Olympios** (GR), **L. Poulimenos** (GR),
M. Vintila (RO)

- 09.00 a.m. - 09.20 a.m. Role of advanced imaging for CCS's: CT, CMR, Nuclear and advanced echocardiography
E. Stefanidis (GR)
- 09.20 a.m. - 09.40 a.m. Optimal medical therapy vs Invasive strategies: the 2026 perspective
G. Ambrosio (IT)
- 09.40 a.m. - 10.00 a.m. ANOCA, INOCA, MINOCA: what does it all mean?
N. Patsurakos (GR)
- 10.00 a.m. - 10.20 a.m. Coronary artery disease remains the leading cause of death in women: what are we doing to address this?
M. Abdelhamid (EG)
- 10.20 a.m. - 10.40 a.m. Revascularization: who benefits and when?
L. Poulimenos (GR)
- 10.40 a.m. - 11.10 a.m. Modern drug treatment of CCS's: a state of the art approach
A. Manolis (GR)
- 11.10 a.m. - 11.30 a.m. Questions and answers
M. Chronakis (GR), **V. Tsirimpis** (GR), **C. Olympios** (GR)
- 11.30 a.m. - 11.50 a.m. *Coffee break*

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PROGRAMME

SATURDAY, 25th APRIL

SESSION VI - CONSEQUENCES II

Chairpersons: **G. Fillipatos** (GR), **B. Widyantoro** (ID)

11.50 a.m. - 12.10 p.m. Cardiorenal syndrome: evolving definitions and management

D. Vlahakos (GR)

12.10 p.m. - 12.30 p.m. Heart failure in 2026: optimizing comprehensive therapy

G. Rosano (UK)

PLENARY SESSION II

Chairperson: **G. Ambrosio** (IT)

12.30 p.m. - 01.00 p.m. AI in cardiovascular care: transforming imaging, guided therapy, and shaping health-system plan

P. Vardas (GR)

01.00 p.m. - 02.30 p.m. *Lunch*

SATURDAY, 25th APRIL 2026 - AFTERNOON

SESSION VII - DEBATES

Chairperson: **A. Trikas** (GR), **G. Rosano** (UK),
M. Chronakis (GR)

- 02.30 p.m. - 02.50 p.m. TAVI vs TAVR: which and for whom?
K. Toutouzas (GR)
- 02.50 p.m. - 03.10 p.m. Atrial fibrillation: an update
C. Kossyvakis (GR)
- 03.10 p.m. - 03.30 p.m. Perioperative anticoagulation management
M. Chronakis (GR)

SESSION VIII - INTERACTIVE CASE STUDIES

Chairperson: **A. Manolis** (GR), **G. Grassi** (IT),
A. Pittaras (GR)

- 03.30 p.m. - 03.45 p.m. Haemorrhagic stroke
A. Coca Payeras (ES)
- 03.45 p.m. - 04.00 p.m. CCS's with diabetes
M. Kallistratos (GR)
- 04.00 p.m. - 04.15 p.m. Cardiogenic shock
M. Kallieris (GR)
- 04.15 p.m. - 04.30 p.m. PET in cardiology: interesting case studies
K. Anagnostopoulos (GR)
- 04.30 p.m. - 04.45 p.m. *Coffee break*

**SESSION IX - CASE STUDIES AND HOT TOPICS IN
CARDIOMETABOLIC AREA**

Chairperson: **J. Palios** (GR), **S. Erdine** (TR),
M. Dorobantu (RO)

- 04.45 p.m. - 05.00 p.m. Hypertension and chronic kidney disease
B. Jelakovic (HR)
- 05.00 p.m. - 05.15 p.m. Primary aldosteronism
M. Doumas (GR)
- 05.15 p.m. - 05.30 p.m. Advances in CT angiography: Applications and
implications for CHD
K. Varaki (GR)
- 05.30 p.m. - 06.00 p.m. Preparing a statement for risk factors, awareness,
treatment and control of cardiometabolic risk factors in
Mediterranean area and not only
All participants
- 06.00 p.m. - 06.15 p.m. Survey event: Satisfaction survey with certificate
- 06.15 p.m. - 06.40 p.m. Conclusions and take home messages
- 06.40 p.m. End of the meeting

International symposium An Update on Hypertension, Cardiometabolic Syndrome and Consequences

FACULTY

M. Abdelhamid	EG
E. Agabiti Rosei	IT
G. Ambrosio	IT
C. D. Anagnostopoulos	GR
C. Borghi	IT
M. Chronakis	GR
A. Coca Payeras	ES
M. Dorobantu	RO
M. Dourmas	GR
S. Erdine	TR
G. Filippatos	GR
G. Grassi	IT
C. Grassos	GR
E. Hatziagelaki	GR
B. Jelakovic	CR
M. Kallieris	GR

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FACULTY

M. Kallistratos	GR
V. Katsi	GR
G. Kolovou	GR
C. Kossyvakis	GR
E. Liberopoulos	GR
G. Mancia	IT
A. Manolis	GR
C. Olympios	GR
J. Palios	GR
N. Patsourakos	GR
E. Petsiou	GR
A. Pittaras	GR
L. Poulimenos	GR
G. Rosano	UK
E. Stefanidis	GR
C. Thomopoulos	GR

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FACULTY

D. Tousoulis	GR
K. Toutouzas	GR
H. Triantafyllidi	GR
A. Trikas	GR
V. Tsirimpis	GR
K. Varaki	GR
P. Vardas	GR
A. M. Vintila	RO
D. Vlahakos	GR
B. Widyantoro	ID

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REGISTRATION - HYBRID EVENT

VIA WEBSITE AND/OR APP - HYBRID EVENT

Subscription to the Reserved Area and to the Event of your interest is required.
REGISTRATION IS FREE.

RESIDENTIAL EVENT

Via website www.fondazione-menarini.com

IF YOU ARE ALREADY A SUBSCRIBER TO THE FONDAZIONE MENARINI RESERVED AREA

1) Please visit the page of the congress of your interest:

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2) Click on “SUBSCRIBE TO RESIDENTIAL EVENT” and LOG IN with your credentials.

3) Choose which days you wish to attend.

You will receive a confirmation email including your registration QR CODE for entering the event.

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1) Go to www.fondazione-menarini.com and click on “Reserved Area” (home page, on the right)

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3) Fill in all the mandatory fields and complete the registration, click on REGISTER (only once).

Wait for the confirmation page to appear, do not click on anything or leave the page.

Once you receive confirmation, return to the home page, you will already be logged-in to the reserved area.

4) Visit the page of the congress of your interest:

www.fondazione-menarini.com

5) Confirm your registration by clicking on “SUBSCRIBE TO RESIDENTIAL EVENT” and LOG IN with your credentials.

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International symposium An Update on Hypertension, Cardiometabolic Syndrome and Consequences

REGISTRATION - LIVE STREAMING

LIVE STREAMING

Via website www.fondazione-menarini.com

IF YOU ARE ALREADY A SUBSCRIBER TO THE FONDAZIONE MENARINI RESERVED AREA

1) Please visit the page of the congress of your interest:

https://fondazione-menarini.com/en/courses-and-events/event-information.html/cardiometabolic-disease-in-latin-america-a-silent-epidemic?_gl=1*5torkw*_up*MQ.*_gs*MQ.&gclid=CjwKCAiAwNDMBhBfEiwAd7ti1KtcBOUbz_rMozSb_yOlucOFTcj8FeUfYLZpaL6KjrWjqTZ_FAQeZRoCU8gQAvD_BwE&gbraid=0AAAAABpsxWiOpdmaWcpJdVAjhi1-RksR_

2) Click on “**SUBSCRIBE TO LIVE STREAMING**” and **LOG IN** with your credentials, check the Privacy Notice and click on “**ATTEND**”.

You can enjoy the LIVE STREAMING for free on 24th, 25th April 2026.

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5) Confirm your registration by clicking on “**SUBSCRIBE TO LIVE STREAMING**”, check the Privacy Notice and click on “**ATTEND**”.

You can enjoy the LIVE STREAMING for free on 24th, 25th April 2026.

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REGISTRATION - FONDAZIONE APP



VIA FONDAZIONE MENARINI APP

Download the APP of Fondazione Menarini,
click here or scan the QR CODE:

www.fondazione-menarini.com/en/app-fondazione-menarini.html

LIVE STREAMING

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You can access the APP with the same username and password that you use in the website. Visit the page of the event and confirm your participation, click on **“SUBSCRIBE TO LIVE STREAMING”**.

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Click on the red button **REGISTER**; to register in the reserved area, just fill in all the mandatory fields of the form.
Now it is necessary to log in with your username (email) and password! Then click on **LOGIN**.
Now you are logged-in to the APP (you will see your name near the user icon).
You can visit the schedule of the event, and click on the red button **“SUBSCRIBE TO LIVE STREAMING”**, check the Privacy Notice and the confirm.

You can enjoy the LIVE STREAMING for free on 24th, 25th April 2026.

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GENERAL INFORMATION

VENUE

SNFCC - Stavros Niarchos Foundation Cultural Center
Leof. Andrea Siggrou 364, Kallithea 176 74, Grecia

SECRETARIAT DURING THE MEETING

The Secretariat will be open at the following times:

Friday, 24th April from 09.00 am to 06.55 pm

Saturday, 25th April from 09.00 am to 06.40 pm

OFFICIAL LANGUAGE

The official language of the Meeting will be English. Simultaneous translation in spanish will be provided.

REGISTRATION

The meeting is free to attend.

For more information and to register please visit the following website:

www.fondazione-menarini.com

TECHNICAL FACILITIES

Facilities will be available for computer presentations and overhead projections.

A business center with PC (Powerpoint for Windows) will be available for check and preview of presentations. It is essential that speakers take their presentation to the business center at least one hour before the session starts.

The center will be open at the following times:

Friday, 24th April from 09.00 am to 06.55 pm

Saturday, 25th April from 09.00 am to 06.40 pm

LUNCHES AND COFFEE BREAKS

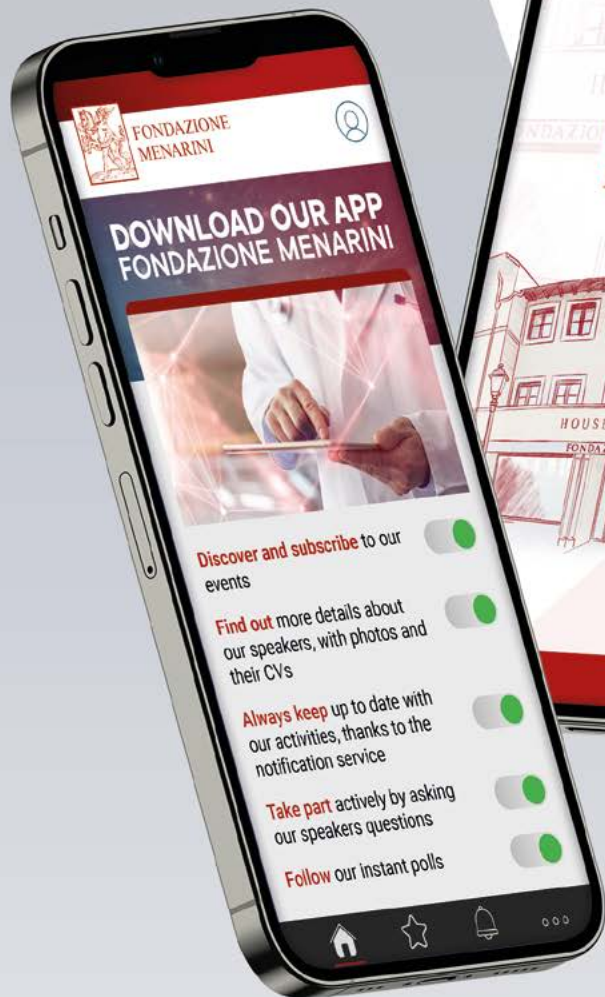
Lunches and coffee breaks will be served in the Meeting area.

ATTENDANCE CERTIFICATE AND SURVEY

At the end of each day, faculty members and participants will have the possibility to answer a short appreciation questionnaire accessible using the QR code projected on the screen. After completing the survey it will immediately be possible to download the Attendance Certificate which can be kept, printed and shared.



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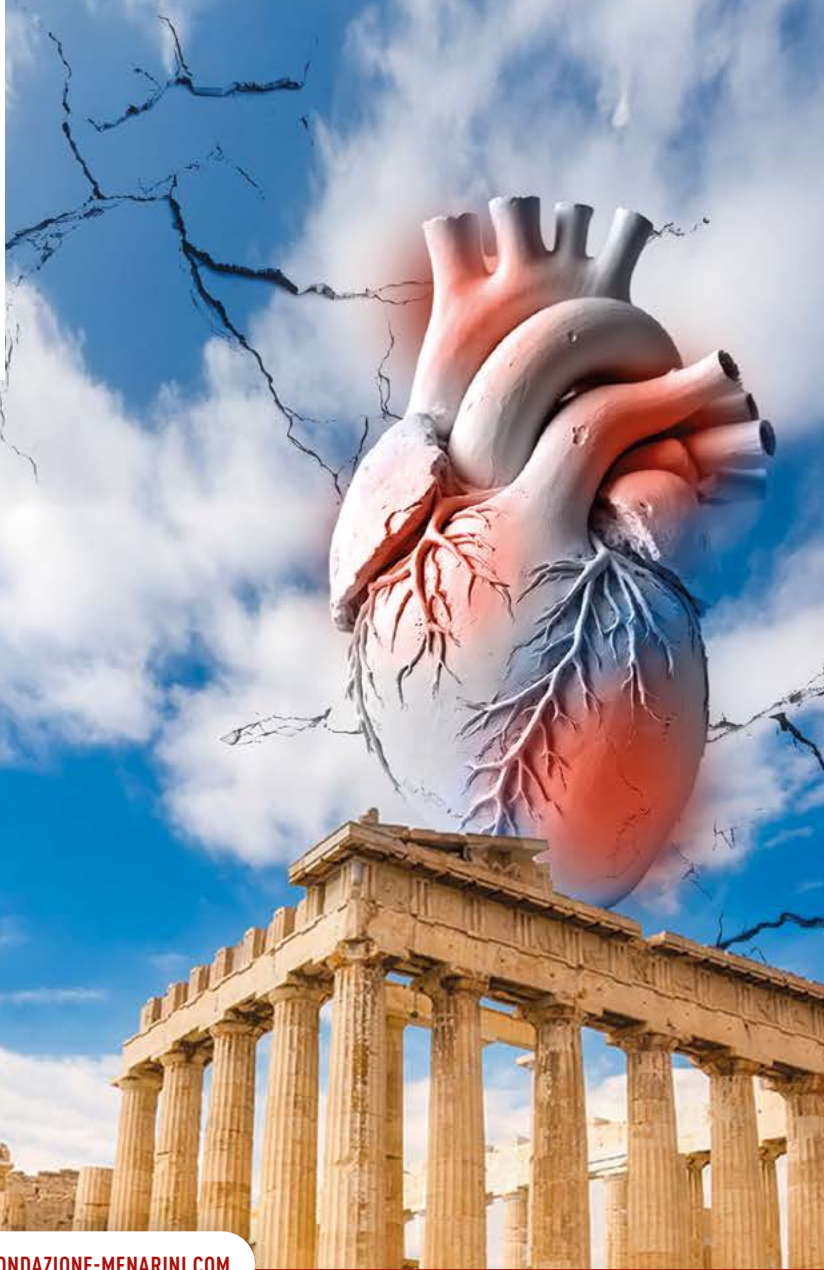
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All slides and presentations are available on our website 15 days after the event.

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